

**ROCKWOOD SUMMIT WATER POLO**TEAM HANDBOOK

RISE

**REPETITION:** Repetition of the same thought or physical action develops into a habit which, repeated frequently enough, becomes an automatic reflex. We will get more out of less. We will focus on the total person in our program in which we will conquer the day in school, in the pool and in life.

**INTENSITY:** We will be the most intense players in the pool. Constantly looking to score and winning the battle in the pool. We will control our opponents and score.

**SACRIFICE:** Be focuses and goal driven helps a team to achieved high goals. Focused and goal driven people and organizations take different paths. Great achievement in life is usually born of great sacrifice and is never the results of selfishness.

**EFFORT:** To give anything less than your best is to sacrifice the gift. We will give great effort in each and every aspect of our life; in faith and family, in academics, goal setting, winning the mental game, in practice, and during competition. We will involve others in our success which will multiply and allow our program to reach new heights.

**TEAM OBJECTIVE:** To provide every team member the opportunity to excel as a water polo player through the progressive development of individual potential in and out of the pool.

**INDIVIDUAL OBJECTIVE:** To maintain a positive, respectful attitude and a strong work ethic practice in practices and meets, as well as our daily lives.

**PARTICIPATION REQUIREMENTS:** Athletes must be able to swim eight lengths of the pool using freestyle, backstroke or other competitive swimming stroke without stopping.

**Athlete’s Expectations / Rules:**

All Team members must follow these expectations to promote individual, team and life objectives:

1. Arrive on time.

2. Have all necessary gear. (Towel, caps, suit, goggles, drink.)

3. Put forth their best effort both in practices and games as a team player.

4. Maintain team morale by being positive, respectful and supportive of all players, coaches, referees and   
 spectators.

5. Make good decisions in maintaining a healthy body, grades and life in general.

6. Communicate with coaches, athletes any issues or problems so we can solve them quickly and maintain   
 team morale.

7. Put forth your best effort in and out of the pool by challenging yourself, enabling you to reach your   
 potential in practice, games, school work and in life.

**Grades:**1. Keep good grades. Two failing grades automatically suspends you from participation.

2. Keep ahead of your school work, it hurts the team as a whole when members miss practices.

**Attendance policy:**1. Be pool side, dressed out and ready to go for all practices, meets and team meetings.

2. Keep the coach informed when out from school because of illness, doctor’s appointments, school   
 related trips or family emergencies by email, phone or in-person. Failure to keep coaches informed can   
 result in restrictions of play time during games.

3. Athletes physically unable to participate need to provide a note from a physician to be able to   
 participate in any practices or games.

4. Both varsity and junior varsity members are expected attend, watch and root for their teammates   
 during their game.

**Equipment:**1. Players much purchase a team suit to be worn at all competitions.

2. Goggles are needed for practices (cannot be worn in games.) If eyewear is needed in games, ones for   
 water polo are needed and must have referee’s approval each game.

3. Each athlete must furnish a lock and use that lock to help secure items in locker rooms.

**Captains Expectations/Duties:**As a team captain you have the unique leadership opportunity to make a difference in the success of every aspect of the team. Responsibilities include:

1. Set high standards and expectations for self and members of the team, which includes be on time, train   
 properly, work hard, encourage others and give of yourself to help team become a family both in and   
 out of practice and school.

2. Be the team’s spokesperson by motivating and supporting the team, the coaches and the athletes with a   
 positive attitude and treating each member of the team equally.

3. Bring concerns to the coach’s attention and encourage teammates to bring legitimate concerns to the   
 coach.

4. Assist in warm-ups and practices assist in teaching new skills. Help with the set up for practices and   
 meets both home and away.

Captains will be selected that demonstrate the required characteristics. If a captain cannot fulfil these requirements during the water polo season, they may be replaced.

**Awards and Letters:   
Varsity and Junior Varsity Medal’s:**  Awarded based on the following requirements:

**Athlete must:**

1. Strive to fulfill the team’s and individual’s objectives.

2. Attend all practices, games, and team functions unless excused by the coach or absent from school   
 because of illness.

3. Must participate in 80% of the games.

**Participation Awards:**Are given to athletes who do not meet the requirements for Varsity or JV letters.

**Special Team Awards:** These are voted on by the team and approved by the coaches.

1. **Most Valuable Team Member:** Water Polo player who proved to be the most important aspect of the team for competition and scoring.
2. **Most Improved Team Member:** Water Polo player who made the most drastic improvements from the beginning of the season to the end.
3. **110% Hardest Worker:** Water Polo player who held the highest work ethic and put forth the most effort throughout the entire season.
4. **Most Spirited Team Member:** Water Polo player who best promoted team morale by believing in, standing up for, and supporting his/her teammates and coaches.

**CODES OF ETHICS**

Set by the Rockwood School District to maintain a common purpose and vision among all athletes, coaches, and spectators throughout the district.

**COACHES’ CODE OF ETHICS:**

It is the responsibility of the coach to:

1. Care for and act in the best interest of all student athletes, promoting development of a whole person.
2. Be a positive role model; set high standards; demonstrate fair play and sportsmanship to all; never place winning above the value of instilling the highest, desirable ideals of character.
3. Create an atmosphere of pride and respect for the sport, players, officials, opponents, and coaches.
4. Be committed, be knowledgeable, and prepare student athletes to compete to the best of their ability.
5. Promote good citizen ship, academic achievement, and a healthy lifestyle.

**ATHLETES’ CODE OF ETHICS:**

It is the responsibility of the athlete to:

1. Always represent your school with pride, handling adversity and success with dignity and grace.
2. Be a role model, committed to the highest standards of sportsmanship, leadership, and personal conduct.
3. Honor commitments to the sport, coaches, and teammates and give an all-out effort in practice and competition. To work as a team and encourage and celebrate the successes of their teammates.
4. Demonstrate respect for all sports, coaches, officials, teammates and opponents.
5. Practice good citizenship, pursue academic achievement, and live a healthy lifestyle.

**SPECTATORS’ CODE OF ETHICS:**

It is the responsibility of the spectator to:

1. Always represent your school with pride, handling adversity and success with dignity and grace.
2. Create an atmosphere of respect for the sport, players, officials, coaches, and fellow spectators.
3. Recognize that school athletics are a learning experience for students and mistakes are sometimes made. Praise them in their attempt to improve themselves as students, athletes and people.
4. Demonstrate sportsmanship through positive support and encouragement of all players, coaches, and officials.